

"It's What We Do!"



Eagle Express

131st Fighter Wing
Missouri Air National Guard

No. 4
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Eagles soar in the desert

An F-15 from the 131st Fighter Wing launches in full afterburner for a training mission over the Nevada desert. Wing aircrews directed their Eagles in an air superiority role, providing cover for ground support A-10s and Marine Corps rescue helicopters. photo by MSgt. Greg Essary



**Deployment to Fallon, Nevada tests
ops & maintenance**

See related article on page 6



Summer of '02 was summer of achievement

by Col Michael Brandt
131st FW Commander

Since last we visited, we have had a busy summer and a busy fall and '03 lies ahead. Then again, "It's What We Do" and we love it. Great Fallon deployment over two weeks acquainting some 30% of our people as first time deployers with what it is like. Great maintenance and support and near perfect execution. For more on this textbook deployment, turn to pages 6-7.

The base picnic was a huge success and thanks to Brad King and all for their work to pull it off. The annual plan is out and, through the efforts of the planning committee under the leadership of Col Leeker, we have a realistic, achievable, and affordable plan that we can live with.

The base move is progressing as the airport has given us their proposal on how they would move us into the Boeing facilities. Still a lot of work to be done but we move forward one step at a time. This past drill weekend you set another MOGAR record by generating 75 sorties in the two day drill. Awesome!

The UCI is complete. Col Champagne led the effort and the

results demonstrated how well he has done. I can't stress often enough that we are judged by our ability to meet the mission, do it safely and inspections. You deserve to be recognized as "Best Seen To Date" and the 97% compliance happened because you have a positive attitude, and you are confident in your knowledge of your job. You got there because you had a plan and executed it. Everyone took the initiative and proudly showed why we do it better than anyone else.



Don't smoke 'em, even if you got 'em

by Command Chief Master Sergeant
James Indelicato

As a member of the ceremonial honor guard that that serves at the burial of veterans at Jefferson Barracks for many years, a thought occurred to me the other day when I was thinking about the importance of the smoking cessation program that will soon begin at Lambert. In all those years, we buried quite a few Air Guard members that I had known, and I can't remember one of them who hadn't smoked.

If you're like me you remember the days in basic training when the TI's phrase "smoke 'em, if you got 'em" was greeted by the smokers in the flight as a welcomed reprieve. In some ways smoking and

the military have always been linked in the imagination. Think of every war movie you've ever seen. In today's military however, and in today's Air Guard, the impact of smoking is increasingly being seen for what it is: a legacy of death, poor health and decreased combat capability.

That's why I urge you, if you're a smoker, to quit. One of the best ways you can do that is to take advantage of the expertise of our 131st Medical Squadron and a program Dr. McCall is running on smoking cessation. This ongoing program is available after a one-on-one consultation with Dr. McCall.

Along with the assessment, Dr. McCall and his colleagues in the medical squadron can make available helpful tools to help you quit smoking. Among these items are the nicotine patch, nicotine gum and additional types of medication.

Good luck on your efforts to breathe easier and enjoy life more.



Meet new Family Readiness Group Coordinator

by SSgt Kay McRoberts

Kathy Fitzgerald, the new Family Readiness Coordinator, is a former Bank of America employee and the wife of weapons shop member Rodney Fitzgerald. Fitzgerald brings great business experience, military knowledge and has hit the ground running. "My goal is to revitalize the FRG program and take it to the next level," she says. "We have a lot of positive things going on. Scooby's Play Den has been a huge success."

The community center is being utilized for training, retirement parties, unit functions and meetings. She has met with a committee to get the club up and running on drill weekends. "Our plan at this time is to have a party on Saturday of Nov. UTA," she said.

As always, in order for the FRG to thrive, volunteers are needed to help with fund-raising activities and childcare on drill weekends. "This is imperative because the success of the program depends on our ability to balance the ratio of adults to children," explained Fitzgerald. "We also need volunteers to help keep the FRG a productive group."

Some of the FRG goals are to



Marathon Men

The National Guard marathon is held every year on the first Sunday in May in Lincoln Nebraska. Each state sends five runners to compete for the All Guard Team, which competes in two to three marathons a year. One of them is the Navy/Marine Marathon.

This past year the Missouri team placed third overall. Team members

were Shawn Moreland, James Indelicato, Samuel Brown, Roger Filmer, and Dave Bennett. This is the best the Missouri Team has done so far.

Anyone interested in running with the Missouri Team should contact Chief Indelicato at 6272. You must have run a sanctioned Marathon within the last 18 months in order to qualify.

encourage participation of family members in unit-supporting activities, to develop a family support network, and to prepare families for a potential mobilization.

"All of these are important goals, and I'm excited to be a part of the Lambert team," said Fitzgerald. "I'm looking forward to the challenges

ahead."

Fitzgerald can be reached at the Family Readiness office in the Base Community Center or at ext.6254. She can also be reached by cell phone at 314-239-6383.

Farewell Doc...

Doc. Colonel. Mike. Commander. Friend. Mentor. We knew him by many names and he has, sadly, left us much too soon. Col. Michael E. Hyaek passed away at home unexpectedly on Wednesday, Aug. 28, 2002. To say he is and will be missed is an understatement. Doc touched many lives with his special ways: house calls, last minute appointments at his office (at no charge, of course), off the cuff chats and always a quick smile. His vision of state of the art medical training will save lives on the battlefield. That was Doc.

Over the years Doc earned many distinctions, one them being honored as the Flight Surgeon of the Year (twice - Doc never did things in a small way!). Most recently he served as the State Air Surgeon for Missouri. In my mind, though, and I believe the same may be true for all who knew him, it was Doc the man that left an indelible mark behind. Full of boundless energy, he lived life with a passion to be envied, never missing a beat. Doc never had a harsh word to say about anyone; in fact, he strived to find the good in everyone. His compassion knew no bounds, his humility was humbling and his kindness was legendary among his family, friends and peers. His incredible talent as a physician was overshadowed by only his depth of character: honest, courageous, compassionate, humble, generous, loving and gentle. It's what he did. He was a true friend, a mentor, the finest of officers; he enriched the lives of all who knew him and he will be missed for a long time to come. Way to go, Doc!

A message from Col Tim Graven 131st MDS Commander

One of our own has fallen. Suddenly, without warning and certainly without our ability to comprehend, he is gone.

Colonel Hayek was a member of the 131st FW for twenty years. He served his country and state tirelessly as the SME flight surgeon, the Chief of Aerospace Medicine, the Medical Squadron Commander and most recently as the State Air Surgeon. His accomplishments are numerous. He founded the Trauma Skills Lab (now known as CSTARRS) and was twice named Flight Surgeon of the Year, to mention only a few.

Dr. Hayek was man of unlimited energy. His zeal for devising new methods to achieve the best possible training in the field of trauma was without compare.

He was a true visionary and innovator. Mike Hayek was a devoted father, a respected surgeon, a decorated officer, and my friend. His caring attitude was present in all aspects of his life. One, I could only hope to portray some of the greatness he shed upon us all.

I will miss this incredible person.



Dr. Hayek was a visionary leader in the area of trauma medicine.

Col Brandt says, “Goodbye Doc!”

This past week was a difficult one for us as we suffered the loss of Colonel Michael “Doc” Hayek. Doc left us too early. He was a great friend and it was apparent that he touched many lives and made us all a bit better for the time we had with him.

As a member of this unit, he was essentially the “Family Doctor” for many of us. He was available day or night and never hesitated to take care of his extended family. He made a difference in this world and we were blessed to have known him.

You also made a difference-- you

the members of Doc’s extended family. You individually and collectively made things happen that represented the finest qualities of friendship, love and respect. many of you may have thought that when I say “It’s what we do” it means flying airplanes and doing the mission. It does, but it is so much more. It’s who you are, who we are. We have many missions, but above all else, we are members of an organization that not only trains in support of our state’s and nation’s needs, we also work together to accomplish any number of things. This past week you did what you do out of respect and your love for another. You exhibited the highest qualities we as humans believe. You are truly amazing people and Doc would have been proud.

Doc...we will miss your smile, your energy and your spirit but we will move on because that’s what you did. ...and It’s What We DO!



An F-15 from the 131st FW separates from the formation to honor Dr. Hayek.

Family Day is high-flying fun

More than 700 Air Guard members and their families came together at Spirit of St. Louis Airport Sept. 1 for Family Day festivities. The event included bright sunshine, great food and entertainment from the Air National Guard Band of the Central States. But the stars of the show were undoubtedly the Navy's Blue Angels Flight Demonstration Team who performed in their Boeing-made F-18s.



The recruiting booth was a hotbed of activity.



Attendees line up for a chance to view a 131st FW F-15 on static display.



MSgt. Nina Harris and her grandchildren were all smiles when it came to Family Day.

Photos by MSgt Al Shulte



A Blue Angels formation over the Spirit of St. Louis Airport.



"Let's Roll" adorns the Wing's Eagles.

Eagles soar in the desert

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A team of 131FW Air Guard members recently played a vital role in the success of Desert Rescue, a joint exercise involving Navy and Marine rescue forces and three Air Guard wings. During the Fallon, Nevada-based deployment, two of the Air Guard wings flew A-10s and the 131FW performed top cover air superiority. About 150 Wing members made the late June trip to the home of the Navy's Top Gun school. The Wing's "Top Gun" for the deployment, Lt. Col. Steve Mills along with Maintenance Commander Lt Col. Terri Chaney; Command Chief Master Sergeant James Indelicato; and deployment First Sergeant MSgt. Ron Chostner formed a competent brain trust, but the real stars were the pilots and maintainers who battled the daily 90-degree weather.

Exercise operations simulated the loss of a pilot over the desert. Navy Rescue helicopters moved in for the pick-up, supported by A-10s for close air support. Up above, 110th Fighter Squadron pilots maneuvered their Eagles to defend the slow-flying rescue birds below.

With the dry, warm Nevada air conducive to good flying, wing maintainers, under the watchful eye of SMSgt. McCrary, did their part to ensure on-time sorties.

From the First Sergeant's point of view, "This was the best deploy-



A lineup of Eagles is enough to intimidate any enemy.

photos by

ment I've ever been on," said Chostner. "Although the troops were very young, everyone showed a great deal of maturity. There was a fair amount of off-duty time because the flying was going so smoothly, but the troops got in great training. These kind of trips are particularly valuable for traditional Guardsmen, who really were exposed to a lot of hands-on training."

The Chostner said he was pleased at how smoothly the interaction with the other services went. In operational and social situations, Airmen, Sailors and Marines formed a cohesive team despite the terminology differences. "We had to get used to the chow hall being a galley and floors being decks," he said with a smile.

The weather, however, did pose a challenge. "We were warned that it rarely rains in Fallon during the summer, but we had rain on two days," recalled Chostner. "Dust clouds would come in and blur the view."

Despite the stark environment, Air Guard troops enjoyed the chance to explore the region's attractions during their off-duty time. Carson City, Virginia City, and Reno were all within driving distance. Accommodations at the base, according to Chostner, made staying home a pleasure.



A Wing maintainer checks out an Eagle ensuring



Checking every detail leads



MSgt Greg Essary



another successful sortie.



to mission accomplishment.



A pilot prepares to fly another mission over the Nevada desert.



Maintainers came out of the shadows and shined.



Navy and Marine Sea Hawk Rescue helicopters swoop in for a simulated pick-up.



Aircrew and crew chiefs were in perfect step.



A last-minute check before another Eagle launch.



An eagle soars off the wing of an A-10.



Going by the book spells the difference between success and failure.

TREND is fun and growth without drugs or alcohol

Story and photos by
MSgt Andy Knef

It was four days of fun and games and learning with a deadly serious goal: show teen-agers constructive ways to channel their energies, passions and talents without the need to use drugs or alcohol.

The National TREND Conference was held in St. Louis at the Doubletree Hotel Aug. 1-4. The Missouri National Guard's Counterdrug Program is a primary sponsor of the event. TREND stands for Turning Resources and Energy in New Directions. An outgrowth of the National Council on Alcohol and Drug Abuse, TREND relies on adult mentors, college interns and school chapters to advance its mission of public service and healthy recreation in a drug and alcohol-free environment.



Dance is one activity that energizes drug-free TREND Conference attendees.

At the St. Louis conference, youngsters attended a diverse agenda of educational activities and fun social events. Air and Army National Guard volunteers and members of the Counterdrug Program's Drug Demand Reduction section conducted seminars and moderated a series of team-building challenges like the Poison Peanut Butter Pit. SrA. Aaron Young, Det. 1, 131st FW at Cannon Range, directed students in a challenge to use simple tools like two-by-fours



Interns like Jon Howard, center, helped make the conference a success.

to cross a mythical sticky pit as a team without anyone falling in. "It was amazing to see how people who didn't even know each other at the beginning of the exercise pitched in and came up with a team solution to a problem."

Other TREND Conference activities were more academic, including a session conducted by TSgt. Curtis Hanock, local drug demand reduction coordinator. His seminar on using National Guard resources to support TREND educationl efforts at local schools was attended by teachers and students. "It was great to hear about what the National Guard can do for our school," said Mary Pace, a high school senior from Bonne Terre, Mo. "What I learned at this conference will help me get my club more involved in the community."



Two TREND Conference students view the latest research on the harmful effects of smoking.

Family care plan not optional

AFI 26-2908, Family Care Plan, says, "All Air Force members with families will have family care arrangements that cover all reasonably practical situations both long- and short-term. It will detail and provide a smooth, rapid transfer of responsibilities to another individual during the absence of the member."

The family care plan is detailed on the AF Form 357. Single parents, dual military couples with family members, and members with civilian spouses who have unique family situations (as determined by the commander) will complete an AF Form 357.

The biggest change to the current instruction defines a single parent as, "A member who has no spouse or who is separated or otherwise apart from his or her spouse, but has physical custody of or **financial responsibility** for family member(s)." For example, if you are paying child support and your child or children do not reside with you, you are required to have a documented family care plan.

You'll implement your family care plan when required to be

absent from your family members.

The commander or first sergeant reviews and certifies the workability of the member's family care arrangements. Failure to make adequate and acceptable family care arrangements may result in separation or other disciplinary action.

You'll notify your commander or first sergeant immediately or within 60 days if changes in your personal status or family circumstances require you to complete an AF Form 357. These include:

- Birth or adoption of a child.
- Loss of a spouse through death, separation, or divorce.
- Enlistment or commissioning in the military when the member and spouse become a dual military couple with family members.
- Having sole care for an elderly or disabled family member.
- Absence of spouse through career or job commitments or other personal reasons.

Consult with the Staff Judge Advocate or the Customer Service section of the Military Personnel Flight for more information.

New policy on uniform wear

by MSgt Nina Harris



Effective 1 October 2002, authorization is hereby granted for the sewing of **mandatory** accouterments for all enlisted members. This authorization is for replacement uniforms only. Replacement uniforms are uniforms that are a replaced as a one-for-one exchange due to fair wear and tear in accordance with current directives.

When personnel are promoted or have a name change and have serviceable uniforms, the member will be responsible for the sewing.

Base Supply's Individual Equipment Element and GSU Supply Representatives will issue enlisted uniforms and accouterments in accordance with current directives. This is ONLY for replacement uniforms due to fair

wear and tear (Not Initial Issue).

Procedures for getting the items sewn on the uniform will be provided when replacement uniforms are issued. For more information call 314-527-6104.

Wing Patch is now mandatory

Effective 30 November 2002 the 131st Fighter Wing patch becomes a **mandatory** item on the BDU uniform for all wing personnel. The Wing will cover the cost of adding the patches to the uniforms. This does not mean you need to replace your current serviceable uniforms to add the Wing Patch. Individuals should go to Supply, Individual Equipment Element (IEE), to get the patches for

their serviceable BDUs. At that time they will be provided with details for getting the patches sewn on their uniforms.



PROMOTIONS AWARDS & DECORATIONS



To Master Sergeant

MSgt Mary-Dale Amison, 131 CF
MSgt Eric Fite, 131 CF
MSgt Danny Glover, 131 MDS
MSgt James Walker, 131 LS



To Technical Sergeant

TSgt Barbara Becker, 131 MXS
TSgt Eugene Coever, JR., 131 MXS
TSgt Camden Eckhardt, 239 CBCS
TSgt Ronald Etienne, 131 MXS
TSgt Richard Fonner, 131 CF
TSgt Wehart Hosea, 239 CBCS
TSgt Jason Hughes, 131 MXS
TSgt Diane Kottabi, 131 FW
TSgt Terri Prather, 131 MSF
TSgt Brian Shamblin, 131 CF
TSgt James Tinder, 131 LSF
TSgt Brett Ulrici, 131 MXS
TSgt Ronald Weldy, 131 AGS



To Staff Sergeant

SSgt Joshua Barnaby, 131 CES
SSgt James Bullard, 131 MXS
SSgt Kelly Gahn, 131 LS
SSgt Jeremy Prinster, 239 CBCS
SSgt Daniel Wacker



To Senior Airmen

SrA Lynn Belobraydic, 131 AGS
SrA Lawrence Blackmon, 131 AGS
SrA Shannon Conwell, 131 MXS
SrA Amanda Etling, 131 SVF
SrA Jason Foster, 131 SVF
SrA Drew Howard, 131 AGS
SrA Jared Johnson, 131 AGS
SrA Tyler Nesselbush, 131 AGS
SrA Barrett Payne, 131 AGS
SrA Michael Terranova, 131 CES
SrA Scott Triplett, 131 MXS



Meritorius Service Medal

SMS Bernard Gregory 131LS
MSgt James Kelly 131 AGS
TSgt Harold Faul 131 AGS
TSgt Marian Nelson 131 SVF



AF Commendation Medal

MSgt Daniel Schroeder, 131 LS
TSgt Daniel Parker, 131 LS



AF Achievement Medal

TSgt Deborah Ray, 131 LS



MO Commendation Ribbon

SMS Leland Ham, 131 MXS
SMS Edward Horn, 131 MXS
MSgt Michael Mallet, 131 MXS
MSgt Dale Williams, 131 MXS
TSgt Joseph Holloway, 131 MXS
TSgt Dale Nuber, 131 MXS
TSgt James Romine, 131 MXS
TSgt Mark Williams, 131 MXS
SSgt Martin Alterson, 131 MXS
SSgt Gregory Dunlap, 131 MXS
SSgt Ted Fowler, 131 MXS
SSgt Jason Hughes, 131 MXS
SSgt Norris Pullen III, 131 MXS
SrA Thomas Poelker, 131 MXS



Army Achievement Medal

Capt Joseph Meister, 239 CBCS
SMS Steven Jens, 239 CBCS
MSgt Jonathon Briney, 239 CBCS
MSgt Suzan Hutchison, 239 CBCS
MSgt Edward Willers, 239 CBCS
TSgt Michael McMullen, 239 CBCS
SrA Jason Birdwell, 239 CBCS

RETIREMENTS

SMSgt Larry Anderson,
218 EIS, 40 years
SSgt Charles Atkins,
131 MXS, 24 years
MSgt Bernard Boyer,
131 CES, 18 years
TSgt Harold Faul,
131 AGS, 21 years
SSgt Kenneth Fernandez,
131 MXS, 21 years
TSgt Leonard Giuliano,
131MXS, 26 years
MSgt Debra Hanff,
218 EIS, 15 years
SMSgt Dennis McMenamy,
131 AGS, 33 years
TSgt Marie Peterson,
131 SVF, 22 years
CMSgt Josphe Sydowski,
157 AOG, 35 years
MSgt Anthony Vandoren,
239 CBCS, 22 years
SSgt Robert Vunesky,
218 EIS, 25 years
TSgt Kelly Wiley,
157 AOG, 17 years

*Congratulations and best of luck
to those who are leaving us!*

Leeker flies Spirit of St. Louis III

Col Bob Leeker made a bit of history recently when his F-15 Eagle was designated the Spirit of St. Louis III in memorial of the 75th anniversary of Charles Lindbergh's solo transAtlantic flight. The first Spirit of St. Louis was Lindbergh's highly modified conventional Ryan M-2 strut-braced monoplane, powered by a reliable Wright J-5C engine. The Spirit of St. Louis II was an F-100 marking the 50th anniversary of the flight.



Chaplain's Corner: Put your hand in the hand

by Chaplain Thomas C. Barnett
Wing Chaplain

Recently I received an email from a friend entitled, **"Depends On Whose Hands It's In."** Maybe you've received it, too. It reminded me of the following story from a non-attributed source.

One day an important dignitary visited the great medical missionary in Africa, Dr. Albert Schweitzer (1875-1965). On the first evening of the dignitary's visit, he entered the dining room to see an old, broken down, warped piano there. After dinner, Dr. Schweitzer, as was his custom, sat at the keyboard of the decrepit instrument and began to play. Immediately the room was filled with beautiful and majestic harmonies. Describing the moment, the visitor wrote in his diary, **"The old piano seemed to lose its poverty in his hands."**

The value of what's "in hand" really does depend on whose hands it's in, doesn't it? The email to which I referred (also from an anonymous author) makes the point further. It reads (in part),

A basketball in my hands is worth about \$19.

A basketball in Michael Jordan's hands is worth about \$33 million.

It depends on whose hands it's in . . .

A rod in my hands will keep away a wild animal.

A rod in Moses' hands will part the mighty sea.

It all depends on whose hands it's in . . .

A slingshot in my hands is a toy.

A slingshot in David's hands is a mighty weapon.

It depends on whose hands it's in . . .

Two fish and five loaves in my hands is a couple of fish sandwiches.

Two fish and five loaves in Jesus' hands will feed thousands.

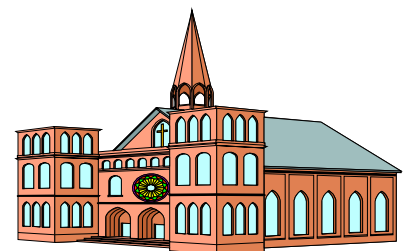
It depends on whose hands it's in . . .

So put your concerns, your worries, your fears, your hopes, your dreams, your families and your relationships in God's Hands because,

It depends on whose hands they're in.

The point is much deeper than the simple admonition, "Just take it to the Lord in prayer." Lest we miss it, the vital spiritual point is this. When we put our lives in God's Hands, things we otherwise might mishandle, or even "manhandle" will be redeemed, used to their maximum potential and ultimate worth. Whenever we give God something of ourselves to work with, it is especially then that we discover, through the works of God's most capable Hands, we fulfill and fully realize all that we are meant to be – for the Glory of God.

The email concluded with words to the effect that, "This message is now in your hands. Will you share it?" God bless our journey in faith together.



Eagle Express

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Phone: 314-527-6321 or DSN: 824-6321
Fax: 314-527-6344

Straight Talk Line: For Information regarding Local, State or National crisis please contact the Public Affairs Officer at 314-527-6284 or 314-527-6321. In the event that we receive crisis management instructions, there will be a recorded message on either PA phone line.

UTA SCHEDULE FY 2002/2003

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**Pay Out for
November UTA
is Nov. 18 , 2002**



photo by 1st Lt. Joe Thomas

Maj Tim Jones and First Sergeant MSgt Angella Varvel perform an open-ranks inspection on members of the 131st Communications Flight. Though performed less frequently today, the open-ranks inspection is a reminder of the importance of military precision.

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